



Temperance: The Virtue that Redeems Desire

with Heidi White

Webinar Show Notes

Agenda

- A. Synopsis:** A wise friend of mine defines sacrifice as giving up something we love for something we love more. But what good things are we willing to forego to attain what is better? And to what end? These are the questions of the virtue of temperance, or the ability to limit desire within the boundaries of what is good. Such an endeavor can feel daunting and even irrelevant to the modern spirit, which is conditioned to cast off restraint and indulge our appetites. But temperance is not merely the virtue of duty, but of redeemed desire. In this talk, classical educator and literary podcaster Heidi White will draw from classical philosophy and Christian tradition to demonstrate that temperance is the true pathway to the fulfillment of our heart's desires. Along the way, she will offer effective practices to instill the virtue of temperance in ourselves and our students.
- B. Personal Announcements:**
- [Close Reads Podcast](#)–[Goldberry Studios](#) and Close Reads HQ
 - Book will be out in 2023!
 - St. Emmelia's Homeschool Conference - Houston, TX. Jan 27-29



C. Main Goals Tonight:

- The problem of duty and desire
- How temperance heals the breach between duty and desire
- How to cultivate temperance in ourselves and our students

D. Q & A to follow

TONIGHT'S OUTLINE

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| I. Groundwork: God's commandments in the Garden of Eden united duty & desire before the fall | a. True knowledge of self
b. True knowledge of God & creation |
| II. Temperance as a misunderstood virtue <ul style="list-style-type: none">a. Definitions in classical & Christian tradition | IV. Cultivating Temperance <ul style="list-style-type: none">a. Practice that requires dutyb. Rightly ordered lovesc. Role of the golden mean |
| III. Temperance heals rupture between duty & desire | V. Love is the action that forms the habit of virtue |

Q & A

Some questions that were answered in the webinar

- How can we impart to our students in the classroom the virtue of temperance?
- How do you go about determining the “parameters” within which temperance exists? Is it personal, or objective?
- Doesn't community (church) provide the necessary, God-given context for self-knowledge to grow?
- If we model the virtue of temperance won't the message get lost on our students, and is there a place for didactic teaching of the virtues?
- How does one encourage fellow adults to pursue what is actually beautiful even when it may be difficult or boring when compared to the easy/passive distractions that are confused for beauty with the justification of preference today?



Encore Resources

I. You can find Heidi White at:

- A. [Atrium](#) instructor at the [Circe Institute](#)
- B. [Close Reads](#) podcast as a regular contributor
- C. Podcast: [The Play's the Thing](#)
- D. [Board of Directors](#) of The Anselm Society
- E. [Academic Advisory Board](#) for the Classical Learning Test

II. Heidi's Articles

- A. [Posts by Heidi on CiRCE blog](#)

III. Recommended Books:

- A. [The Ethics of Beauty](#) by Timothy G. Patistas
- B. [The Four Cardinal Virtues](#) by Joseph Pieper
- C. [Leisure: The Basis of Culture](#) by Joseph Pieper
- D. [Aristotle's Nicomachean Ethics](#) Bartlett translation
- E. [Father Arseny: A Cloud of Witnesses](#)
- F. [The Consolation of Philosophy](#) by Boethius
- G. [Age of Martha](#) by Devin O'Donnell
- H. [Learning Like Mary in the Age of Martha](#) Classic Insights blogpost by Devin O'Donnell
- I. [The Envy of Eve](#) by Melissa B. Kruger
- J. [Extravagant Grace](#) by Barbara Duguid

IV. Related Resources:

- A. ClassicalU Course by Josh Gibbs: [Teaching Boethius: The Consolation of Philosophy](#)
- B. CiRCE Resources
 - 1. [The Divine Spark: Teaching to the Imago Dei in Your Students](#)
 - 2. [The Divided World: Duty and Desire in Literature and Life](#)
 - 3. [Killing Ophelia: Variations in the Theme of the Older Brother](#)